



heart of illinois

Down Syndrome Association

Newsletter

January 2019

Contact Us:

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The Heart of Illinois Down
Syndrome Association, Inc. is a
501(c)3 not-for-profit organization.

The Heart of Illinois Down Syndrome Association, Inc. is committed to improving the quality of life of persons with Down syndrome by providing support, advocacy, and educational opportunities to those individuals, their families and community advocates.



Calendar of Events

- | | |
|-------------------------|---|
| Sat. Jan. 26th | Annual Family Dance Party
6:00pm - 9:30pm—see page 3 for details
Morton Knights of Columbus Hall
616 David St, Morton |
| Mon. Feb. 4th | Board Meeting - 6:00pm
Hy-Vee, Sheridan Rd., Peoria |
| Sun. Feb. 10th | Young Athletes Practice - 3:00pm
St. Philomena School, 3216 N Emery, Peoria |
| Tues. Feb. 19th | Young Adults Cooking Class - 7:00pm
Bethel Lutheran Church
325 E. Queenwood Rd., Morton |
| Sun. March 3rd | 30th Annual Spaghetti Dinner
11:00am - 6:00pm,
ITOO Hall, 4909 W. Farmington Road, Peoria |
| Tues. March 12th | ACCESS March Madness Experience
FREE Event - see page 7 for details |

This newsletter publishes items of interest relating to Down syndrome and other disability issues. The Heart of Illinois Down Syndrome Association, Inc. (HOIDSA) does not promote or recommend any therapy, treatment, institution, professional system, etc. Individuals or organizations referred to are not necessarily endorsed by this publication or its editor. We hope to bring together those interested in Down syndrome and attempt to create an optimistic future and attitude. The editor reserves the right to make corrections as are appropriate and in accord with established editorial practice in material submitted for publication.

Greetings From The President

Birthdays
Next
Month



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Happy New Year! As we look forward to the start of the new year and all it has to offer, we carry forward the accomplishments and good will of the past year. Anne Hollis, our association's leader has kept us organized, directed, steadied and informed. Recognized as a strong leader, her work responsibilities became greater.



With reluctance and sadness, Anne resigned her position as president. The good news is Anne and her family will remain active within our organization. So when you see her, be sure to thank her for her service to HOIDSA.

In the meantime, with a year left in my term as Vice-President, I will become acting President. Nick DeTrempe will become Vice-President, Sarah Pepino and Renee Hayes will share duties as Secretary with Milly Howeler serving as Treasurer.

Elections were held at the Annual Board meeting held on January 7th. New to the Board of Directors are Mike King, Dianna Shoemaker and Trisha Romero. We welcome them and are looking forward to serving with them. Come get to know them at any of our gatherings.

One of our biggest upcoming gatherings is the 30th, YES 30th!, Annual Spaghetti Dinner on Sunday March 3rd at the ITOO Hall in Peoria. Kudos to all of our members for continuing the mentoring to all of our families and communities! 30 years of sharing, caring, advocacy, education and changing expectations is a remarkable accomplishment for an all volunteer organization. Please continue the progress HOIDSA is making by selling as many dinner and raffle tickets as possible. Also, donate or coordinate a donation of a raffle item or basket, make something for the bake sale, volunteer to set up and clean up or work the day of the event. Let's show our community what a 30 year celebration looks like.

Looking forward to celebrating with all of you!

Meri Tucker

February

Tate Pauli
2/7

Nicolas Carroll
2/8

Abby Reuter
2/8

Andrew Sidwell
2/8

Steven Behrends
2/9

Bo Gill
2/10

Daniel Meyer
2/10

Alina Hollis
2/14

Trevor Kalke
2/19

Jocelyn McDaniels
2/19

Emma Roe
2/19

David Campbell
2/19

John Deford
2/24

Levi Miller
2/27

Adam Sarff
2/27



12th Annual

HOIDSA Family Dance Party



Saturday, January 26th, 2019

at the Knights of Columbus Hall

616 David Street, Morton, IL

6:00 - 9:30 p.m.

The Jukebox

(Chuck Tucker will DJ)

FREE ADMISSION

Donate non-perishable food items for the local food pantry!

*Refreshments
provided!*



INCLUSIVE - Casual • Fun for families, teens, kids of all ages!

Young Adult Cooking Class

For any member

**16 years old
& older**

**3rd Tuesday
of the Month**

Bethel Lutheran
Church

Contact Meri at
309.264.4900

Add these dates to your 2019 calendar!



The Young Athletes program is an innovative sports play program for children ages 2-9 with and without intellectual disabilities, designed to introduce them into the world of sports.

The program is now managed by HISRA, which charges \$5 per session, but that can be reimbursed by HOIDSA by submitting a copy of your receipt to Milly Howeler.

Registration information available at
<https://hisra.org/wp-content/uploads/2018/09/2018-Fall-HisraHub.pdf>

Dates: 2/10, 3/24, 4/14, 5/5

A Special Olympics registration form will need to be completed for each participant and volunteer.

All sessions held 3:00 pm – 4:00 pm at
St. Philomena School gymnasium
3216 N Emery, Peoria

Questions? Contact Sioban Stahl, HISRA

SPAGHETTI DINNER VOLUNTEERS NEEDED

HOIDSA is a 100% volunteer-based organization. We could not do what we do without the volunteers who serve on our Board of Directors and those who volunteer to organize and coordinate our social events, educational workshops, and fundraisers.

Our 30th annual Spaghetti Dinner is right around the corner on **March 3rd**, and we need your help! Volunteers are needed to help set up, serve dinners, clear tables, and clean up. We are using SignUp.com (formerly VolunteerSpot) so people can choose the job they want in the 2-1/2 hour time slot they prefer.

To pick your job, the easiest way is to go to our HOIDSA website at www.hoidsa.org and click on the volunteer link or go to our Facebook page at www.facebook.com/HOIDSA/ and find the post for volunteer sign up.

**If you have any questions,
contact Anne Hollis at 309.219.5899**

Page 3



Heart of Illinois Down Syndrome Association, Inc.

30th Annual **SPAGHETTI DINNER**

Sunday, March 3, 2019 • 11:00 a.m. - 6:00 p.m.



\$8.00/Adult
(13 & up)

\$5.50/Child

Under 3 yrs.
FREE

ITOO Hall

4909 W. Farmington Rd., Peoria, IL

Take out orders available

Raffle
Silent Auction
Entertainment
Bake Sale



FUN for the
entire family!

Dinner provided by LaGONDOLA SPAGHETTI HOUSE of Decatur

BAKE SALE: *Calling all bakers - it's that time again!!*

Breads • Brownies • Cookies • Chocolate Treats • Layer Cakes
Pies • Cinnamon Rings • Cupcakes/Muffins • Trail Mix/Chex Mix

We are so grateful for the many goodies you and your families have supplied over the years for our Spaghetti Dinner Bake Sale. We know that we can count on you again to help us raise more funds at this booth! We always have such a nice variety of baked goods, so any of your specialties will be appreciated. If you don't bake, we'll accept goodie bags of candy or feel free to solicit donations from your favorite bakery!

As always, we will be happy to package and price the items on the day of the sale. They will be accepted throughout the day. If you have large quantities, it is best to receive these early in the day. Please mark your containers so we can return them to you. Also, please indicate what flavor the item is if it is not evident. If you cannot attend the dinner but wish to donate to the bake sale, you can arrange to have your items picked up. Please contact Teri Ehrenhardt at 309.645.5690 to arrange for pick up.

Some years we've been sold out before the end of the dinner. Please help keep us supplied throughout the day. Gluten free items and goodies for diabetics are appreciated as well (Chex Mix, Trail Mix, etc.).

PLEASE HELP MAKE OUR 30TH SPAGHETTI DINNER FUNDRAISER A SUCCESS!!!

1. HELP US ADVERTISE!

Make copies of the flier to the left or download fliers from our website (www.hoidsa.org) and share with others. Post them at work or on Facebook. Tell everyone you know to come out & have a good meal for a great cause!

2. SELL RAFFLE AND DINNER TICKETS

Please sell dinner and raffle tickets to your family, friends, and co-workers. Tickets are available from Milly Howeler (309) 692-3688.



3. DONATE RAFFLE ITEMS

Raffle items are needed for the main raffle and the baskets. Remember to help by soliciting items and supplying a "theme" basket for the raffle. Please direct all donations through Amanda Nauman at (309)360-1133 or anauman@mtco.com to prevent duplication. Contact Amanda Nauman or Christy Getz at (309) 635-7309 or jcgetz94@yahoo.com for more information.

4. DONATE BAKE SALE ITEMS

If you cannot attend the dinner but wish to donate to the bake sale, you can arrange to have your items picked up. Please contact Teri Ehrenhardt at (309) 645-5690 to arrange for pick up.

5. VOLUNTEER

Volunteers needed to help set up, serve, clear tables, and clean up. Find the link to SignUp.com on our website or facebook page at www.facebook.com/HOIDSa/. If you have questions, contact Anne Hollis at (309) 219-5899.

6. MAKE A POSTER TO SHOW OFF YOUR KID

Don't forget to make a poster using a half-size poster board (either horizontal or vertical) with lots of pictures of your child and family for display! Please include your name and contact information on the back if you want your poster returned.

Memorial/Recognition Donations

In Memory of Jack Myers

Theodore Scharle
Bernard Link
Dr. Ed Rick
Mr. and Mrs. James Wesenberg
Mr. and Mrs. Stephen Turner, Sr.
Mr. and Mrs. Raymond Knutson
Deanna Larue and Caley Larue
Dr. and Mrs. R.W. Boulos
Mr. and Mrs. Thomas Dermody
Mr. and Mrs. Robert Johnson
Mr. and Mrs. Kevin Ehrenhardt
Mr. and Mrs. Douglas Rice
Candy and Roger Smith
Mr. and Mrs. William Stegemann

Stevan and Carol Lacanski
Mr. and Mrs. Larry McDaniel
Mr. and Mrs. John Heimann
Mr. and Mrs. James Davis
Mr. and Mrs. Dennis Corrigan
Mr. and Mrs. Terry Glynn
John Rosenbohm
Susan and Robert Hall
Maryanne Rastatter
Shirley Anderson
Solon and Ruth Ekhoft
Mr. and Mrs. Arnold Ness
Heidi Hainline

In Memory of their son Drake Heinz

Robert and Joyce Heinz

In Memory of Dorothy Clifford

Arp & Strauss families
Pam LaTour
Nita Goodwin

Donations In Memory of J. Dean Hohimer

The Heart of Illinois Down Syndrome Association, Inc. warmly accepts memorial donations of any amount. Since we are a volunteer organization, all dollars received go toward fulfilling our mission of improving the quality of life of persons with Down syndrome. The Heart of Illinois Down Syndrome Association, Inc. is a 501(c)3 not-for-profit organization and all contributions are tax deductible. For more information call 309-712-4852. Pre-printed memorial envelopes are available.

HOLDISA Friendship Walk for Down Syndrome is back!

Saturday, October 5, 2019

EastSide Centre, East Peoria



Committee Chairperson, Nick Detrempe, is looking for passionate people to join the Walk committee and make this one the best yet!!

Contact Nick at 309-868-5810 or ndetrempe@gmail.com



HEART OF ILLINOIS SPECIAL RECREATION ASSOCIATION



Special Needs Information Fair!



The Dunlap & Central Illinois Special Needs Parent Group in conjunction with the IHSA March Madness Access The Experience Family Fun Night and HISRA invites all parents/ caregivers/families/educators of individuals with special needs to a community information fair. Organizations in the state of Illinois and many from Central Illinois will be providing information on their services.



Date: Tuesday, March 12, 2019
Time: 5:00 p.m. to 8:00 p.m.
Place: Peoria Civic Center



For more information on the Special Needs Information Fair:
Please call Libby Raab @ 309-693-0514 or HISRA @309-691-1929
or find us on Facebook at Special Needs Information Fair at Access the Experience
For more information on IHSA March Madness Access The Experience visit:
<http://www.ihsa.org/SportsActivities/MarchMadnessExperience/MarchMadnessAccess.aspx>

Board of Directors

The Heart of Illinois Down Syndrome Association is pleased to announce the following new members of our Board of Directors:

- ◆ Mike King
- ◆ Trisha Romero
- ◆ Dianna Shoemaker





c/o Bethel Lutheran Church
325 E Queenwood Rd Morton IL 61550

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EDITOR'S REMARKS

Hello Everyone!

One of HOIDSA's largest fundraisers is right around the corner: the Annual Spaghetti Dinner. Please take some time to review the information on pages 4 and 5. We need lots of help to make this spaghetti dinner another successful fundraising event. There are many ways you can help contribute to the success of the spaghetti dinner: volunteer your time the day of the dinner, solicit donations for the raffle, bake goodies for the bake sale, help advertise by hanging up fliers, or sell dinner tickets to your friends and family.

I hope to see everyone at our 12th Annual Family Dance Party! This is a very popular event and always lots of fun! See page 3 for more information.

Hope you and your family are off to a great start to 2019!

Carol Nepolello c.nepolello@comcast.net

THINGS TO DO

Special Recreation Activities:
Check Out the Upcoming Activities

HISRA • IRVSRA

Contact HISRA at 309-691-1929
or visit hisra.org/programs/

Contact IRVSRA at 309-201-4005 or visit
<http://www.irvsra.org/>